*India Stankovic*

*Food Presentations*

*Food is one of the most important parts of any culture. Indeed, one of your most interesting experiences living abroad will be learning about the culture through their cuisine. To prepare you for this experience, Mrs. Sulkey, a gastronomically gifted Talbot, will introduce you to your country’s cuisine. To get ready for Mrs. Sulkey, please research the following topics. Answer these questions with complete sentences and upload to the Wiki when you are finished.---M.H.*

1. What foods are commonly eaten?

Due to cold weather Russian foods are often high in carbohydrates and fats rather than protein. Cold and hot soups, boiled and jelled meats such as pork and veal. Beef and lamb are also eaten. Dumplings, fish, vegetables, pies and pancakes are also commonly eaten. Specific and popular ingredients include potatoes, bread, eggs, meat, cabbage, milk, sour cream, mushrooms, lard, cucumbers, tomatoes, apples, berries, honey, sugar, salt, garlic, and onions.

1. What does a typical breakfast consist of? Lunch? Dinner? At what times are these meals eaten?

Many Russians eat small breakfasts (*zavtrak)*and still to coffee or tea and bread. Those who eat larger means often eat things such as salted meats, pancakes, kasha, eggs.

For lunch (obed) which is consumed at mid-day Russians eat a meal of several courses which starts with a heavy salad topped with salted meats or poached fish. Next comes either a soup or stew (Borscht). The last course is vtoroe blyudo. This includes a red meat or fish and includes several sides of roasted or pickled vegetables depending on the time of year (often Kasha). Dumplings stuffed with mean are also often served at this meal. Vodka is a common drink at lunch. At work lunch is usually eaten between noon and 1PM, on weekends it is eaten around 3 or 4PM

A mid-day snack is also often eaten at the end of the work day and consists of salads and fruit.

The last meal of the day call uzhin or dinner is much smaller than the mid-day meal, it is eaten around 7PM. It consists of appetizers and hot tea or vodka. Today the most often eaten foods for this meal are bread, meats, and vegetables. For those who can afford it, caviar was part of this meal.

1. What are some (at least two) famous recipes from your country?

**Borscht** soup made with fresh red beets, beef shank, onions, carrots, potatoes, cabbage, dill, and sour cream.

**Bliny** (Russian Pancakes) made from eggs, sugar, salt, mild, buckwheat flour, vanilla vegetable oil.

1. What are some foods from this country that are commonly eaten in your country? Are the foods prepared differently here than in this country?

One Russian food that is commonly eaten in America is Beef Stroganoff. Another Russian appetizer that is commonly eaten by Americans is potatoes.

The preparation of beef stroganoff in Russia is similar to how americans prepare it.

1. What is your personal opinion of this country’s food? What looks appetizing? What looks repulsive? How do you think you are going to do eating this food every day?

I think that I would be willing to try many of the dishes served in Russia, for instance, the beef stroganoff and sharlotka sound appetizing. The food that seems most repulsive to me is the veal. I feel that boiled and jelled meats such as veal should not be eaten. I think I would be able to eat many different varieties of foods while I’m there even though some may seem repulsive.

6. Create your group’s visual. This could be a posterboard, a Powerpoint, or a Glogster, for example.